

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

November 2013

Turkey Tortellini Soup

Turkey Salsa Soup

Turkey Noodle Casserole

Turketti

Grande Potato Balls

Turkey Tortellini Soup

8 ounces frozen or refrigerated cheese-filled tortellini
1 small yellow onion, chopped
1 cup thinly sliced carrots
1 tablespoon extra-virgin olive, vegetable or canola oil
4 cups low sodium chicken broth
2 cans (14.5 ounces each) diced tomatoes with Italian herbs
2 teaspoons Italian seasoning
2 cloves garlic, finely chopped
2 cups chopped, cooked turkey or chicken

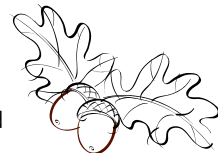
1. Prepare tortellini according to package directions. Set aside.
2. In a large saucepan or soup kettle, sauté onion and carrots over medium to medium-high heat in oil, until the onions are translucent and the carrots are tender-crisp, about 5 minutes.
3. Add chicken broth, diced tomatoes, Italian seasoning and garlic. Bring to a boil, then reduce heat and simmer, covered, for 10 minutes.
4. Stir in the turkey and tortellini. Continue cooking a few minutes until heated through.
5. If desired, season with black pepper and top with shredded or grated parmesan cheese.

Source: <http://lanaster.unl.edu/food/>

Nutrition Note: This recipe makes 6 servings. Each serving has 300 calories, 8 grams of fat and 32 grams of carbohydrates.

Turkey Salsa Soup

2 cups mild, chunky salsa
2 cups frozen corn
2 cans (15 to 16 ounces each) black beans, drained
2 cups chopped, cooked turkey or chicken
4 cups low sodium chicken broth



1. Combine all ingredients in a large saucepan or soup kettle.
2. Bring to a boil, then reduce heat and simmer for 5 minutes.
3. If desired, season with black pepper and top with shredded reduced fat cheddar cheese.

Source: <http://lanaster.unl.edu/food/>

Nutrition Note: This recipe makes 6 servings. Each serving has 300 calories, 8 grams of fat and 32 grams of carbohydrates.

Breastfeeding:

Why breastfeed?



“To ensure my child has the best nutrition and to have a better bonding experience with him. My son has grown so much since he was born. I’m proud that he is also getting antibodies to help build up his immune system against infection. It is fast and simple, no mixing or measuring.”

~ Michelle, WIC Breastfeeding Mom from Turtle Mountain WIC

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Turkey Noodle Casserole

2 cups chopped, cooked turkey or chicken
4 cups cooked noodles, any variety
1 can (10.75 ounces) fat free cream of chicken soup
1 cup skim or 1% milk
1 cup frozen peas



1. Heat oven to 375 degrees.
2. Combine all ingredients in a large casserole dish.
3. Bake for 30 to 40 minutes.

Source: Nutrition Matters, Inc. – www.numatters.com

Nutrition Note: This recipe makes 6 servings. Each serving has 290 calories, 4 grams of fat and 39 grams of carbohydrates.

Tips for Raising Healthy Eaters

Let your children serve themselves. Teach your children to take small amounts at first. Let them know they can get more if they are still hungry.

Turketti

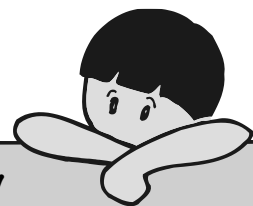
1¼ cups spaghetti, broken into 2" pieces
1½ cups chopped, cooked turkey or chicken
¼ cup pimento (optional)
¼ cup chopped green pepper
½ cup chopped onion
1 can (10.75 ounces) fat free cream of mushroom soup
½ cup chicken broth
1¾ cups shredded reduced fat cheddar cheese
¼ teaspoon black pepper
½ teaspoon hot sauce, like Tabasco® (optional)

1. Heat oven to 350 degrees.
2. Cook spaghetti as directed on the package; drain.
3. Place turkey, pimento, green pepper and onion in a 1½-quart casserole dish. Add mushroom soup and broth, then mix together.
4. Add 1¼ cups cheese, black pepper, cooked spaghetti and hot sauce. Slightly toss until all is well coated.
5. Sprinkle remaining cheese on top.
6. Bake for 45 to 60 minutes.

Nutrition Note: This recipe makes 6 servings. Each serving has 240 calories, 6 grams of fat and 23 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants & Children
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Turn Off the TV

Write out the alphabet on a sheet of paper. Using this as your guide, have your child create the letters with his or her body. You can also work with your children to create the letters together.

Source: www.headstartbodystart.org

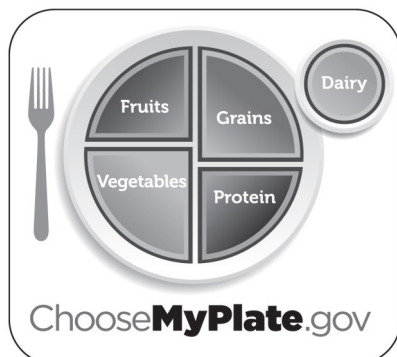
Grande Potato Balls

1⅔ cups leftover mashed potatoes
½ cup shredded reduced fat cheddar cheese
2 tablespoons fat free sour cream
1 tablespoon dry onion soup mix
1 egg
1 tablespoon water
¾ cup crushed corn flake crumbs

1. Heat oven to 375 degrees.
2. In a mixing bowl, combine mashed potatoes, cheese, sour cream and onion soup mix.
3. In a separate bowl, combine the egg and water. Mix with a fork.
4. Shape the mashed potato mixture into balls, each about ¼ cup in size.
5. Place the corn flake crumbs in a separate bowl.
6. Roll each ball into the egg mixture and then into the corn flake crumbs.
7. Place balls onto a baking dish coated with nonstick cooking spray.
8. Bake for 20 to 30 minutes.

Nutrition Note: This recipe makes 6 potato balls. One potato ball has 140 calories, 4 grams of fat and 21 grams of carbohydrates.

GROWING HAPPY FAMILIES



Limit the amount of foods and beverages with added sugars your kids eat and drink.

If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories, but few nutrients.